December 1

SLOPPY JOES

Italian Mixed Vegetables

Fruit Crisp Hamburger Bun

Milk

December 8

SALISBURY STEAK

WITH MUSHROOM GRAVY

Whipped Potatoes

Harvard Beets

Fruit Juice

WW Bread

Milk

December 15

CHILI RELLENO CASSEROLE

Fiesta Corn

Refried Beans Tortilla

Milk

December 22

MACARONI & CHEESE WITH HAM

Green Beans

Carrots

Pudding

WW Bread

Milk

December 29

TACO SALAD CASSEROLE

With Picante Sauce

Com

Refried Beans

Fruit Juice

Tortilla

Milk

December 2

BAKED POTATO

Chili Con Carne

Cheese

Broccoli

Chocolate Pudding

WW Bread

Milk

December 9

OVEN FRIED CHICKEN

Potato Wedges Mixed Vegetables

Peaches/Cottage Cheese Salad

WW Bread

Milk

December 16

BEEF STEW WITH CARROTS

Brussel Sprouts

Fruit Crisp

Cracked Wheat Roll

Milk

December 23

ROAST BEEF WITH GRAVY

Whipped Potatoes

Scandinavian Mixed Vegetables

Cookie

Fruit Juice

WW Bread

Milk

December 30

IDAHO MEATLOAF

Potatoes & Gravy

Parslied Carrots

Fruit Crisp

WW Bread

Milk

December 3

PORCUPINE MEATBALLS

With Gravy

Rice

California Mixed Vegetables

Applesauce WW Bread

Milk

December 10

CHICKEN TETRAZZINI

Broccoli Corn

Tossed Salad WW Bread

Milk

December 17

ROAST TURKEY

Stuffing

Peas

Mashed Potatoes Cranberry Sauce

WW Bread

Milk

December 24

OVEN FRIED CHICKEN

Cheesey Potatoes Mixed Vegetables

Fruit Juice

Gingerbread With Whipped Topping

WW Bread

Milk

December 31

SPAGHETTI WITH MEAT SAUCE

Corn Broccoli Cookie

Texas Toast

Milk

December 4

LIVER & ONIONS PORK ROAST w/SAUERKRAUT

Mashed Potatoes Yams

Mixed Vegetables

Cookie WW Bread

Milk

December 11

BAKED HAM

w/PINEAPPLE SAUCE

Sweet Potatoes

Peas Coleslaw

WW Bread

Milk

December 18

PORK CHOP

WITH MUSHROOM SAUCE

Whipped Potatoes
Winter Mixed Vegetables

Peach Crisp WW Bread

Milk

December 25

CHRISTMAS

NO CDHD MEALS

SERVED

THIS DAY

December 12

December 5

Green Beans

Fruit Juice

WW Bread

Milk

STAFF MEETING

NO CDHD MEALS SERVED

THIS DAY

December 19

LASAGNA

Peas Carrots

Texas Toast Fruit Juice

Milk

December 26

DAY AFTER CHRISTMAS

NO CDHD MEALS SERVED

THIS DAY

Substitutions may be required to ensure a nutritious meal.

DECEMBER 2008

MEALS-ON-WHEELS MENU 327-7460